



CDF 80 - Health, Safety and Nutrition

Catalog Description

Transfer Status: CSU

Unit(s): 3.00

Lecture: 51.00 Contact hours/102.00 Out of class hours/153.00 Total hours/3.00 Unit(s)

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Course Description: This course is a study of laws, regulations, standards, policies, procedures, and best practices related to health, safety, and nutrition in care and education settings for children from birth through middle childhood. It includes the teacher's role in prevention strategies, nutrition and meal planning, integration of health, safety and nutrition experiences into daily routines, and overall risk management. (C-ID ECE 220).

Objectives

Upon successful completion of this course, the student should be able to:

1. Define the broad concepts and practices of health, safety, and nutrition.
2. Identify laws and regulations related to health, safety, and nutrition.
3. Identify health and safety risks and prevention strategies in care and education settings.
4. Describe a caregiver's role and responsibility in modeling good health, safety, and nutrition habits.
5. Describe culturally responsive strategies for partnering with families and the community in support of a healthy and safe environment for children.
6. Explore community resources available to support children and families.
7. Apply the recommendations for children's nutrition to the development of healthy and economical meals and snacks based on the age and individual needs of children.
8. Plan developmentally appropriate, culturally responsive learning experiences and environments that support the topics of health, safety, and nutrition.

Course Content

Topic Titles / Suggested Time Topic	
<u>Lecture</u>	
<u>Topics</u>	<u>Lec Hrs</u>
Interrelationships Between Health, Safety, and Nutrition for Children Birth Through Middle Childhood	7.00
1. Defining physical and mental health	
2. Defining safety	
3. Defining nutrition	
Laws, Codes, Regulations, and Policies	7.00
1. Fire and health codes	
2. Title 22	
3. Title 5	
4. Emergency Medical Services Authority	
5. Local requirements	
6. Food programs	
7. Child abuse and neglect	
1. Mandated reporting	
2. Prevention strategies	
3. Community resources	
Safety Management	7.00
1. Safe environments	
2. Accommodations for special needs	
3. Injury prevention and care	
4. Emergency preparedness response and recovery	
5. Car seats	
Health Management	8.00
1. Universal precautions	
2. Daily health check	

Topics**Lec Hrs**

3. Food safety
4. Communicable diseases
5. Infectious process
6. Illness and exclusion policies
7. Common health issues such as pink eye, lice, runny nose
8. Chronic and acute illnesses such as allergies, mental health, obesity
9. Sleeping and napping
10. Diapering and toileting
11. Health assessment tools
12. Staff safety and well being
 1. Risk management
 2. Employee policies
 1. Physical health
 2. Mental health

Teachers and Caregivers Roles

8.00

1. Teachers as role models of best health, safety, and nutrition practices
2. Collaboration with families and other professionals to promote health, safety, and nutrition
3. Communication
 1. Families
 2. Other health professionals
4. Community resources for children and families at risk
 1. Housing and food insecurity
 2. Foster care/child welfare
 3. Incarceration
 4. Trauma and abuse
 5. Medically fragile

Meals and Snacks

7.00

1. Nutrition guidelines
2. Diet analysis
3. Mealtime policies and regulations
4. Menu planning
5. Budgeting
6. Culture, traditions, and family choices
7. Allergies and food sensitivities
8. Special feeding needs
9. Sanitary food handling

Planning Learning Experiences in Health, Safety, and Nutrition

7.00

1. Developmentally sound practices
2. Cultural, linguistic, and developmental differences of families, teachers, and children
3. Learning opportunities integrated during daily routines
4. Physical fitness
5. Use of instructional technology
6. Accommodations for children with special needs

Total Hours: 51.00**Methods of Instruction**

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Guest Speakers
- E. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- F. Lecture
- G. Multimedia Presentations
- H. Problem-Solving Sessions

Methods of Evaluation

- A. Exams/Tests

- B. Portfolios
- C. Oral Presentation
- D. Projects
- E. Class participation
- F. Short papers

Examples of Assignments

Reading Assignments

1. Read a series of current professional articles on topics such as feeding young children and/or menu planning and be prepared to discuss in the class.
2. Read a series of current professional articles on infectious diseases and be prepared to discuss in class.

Writing Assignments

1. Select a section of Title 22 pertaining to health and safety laws and regulations, compare it with national health standards, and submit a 6-page summary.
2. View a set of videos which critique health risks and caregiver roles, to develop 15-20 reflective questions for childcare centers and directors to evaluate their programs and services.

Out-of-Class Assignments

1. Develop a five-section professional portfolio that includes all required certificates of training to be an early childhood educator under Title 22 program regulations and submit to your instructor.
2. Interview an early childhood administrator regarding nutrition, health and safety policies and procedures, and be prepared to discuss in class.

Recommended Materials of Instruction

Robertson, C. (2015). Safety, Nutrition and Health in Early Education. *Cengage*, 6th. 978-1305088900.

Sorte, J. (2020). Nutrition, Health and Safety for Young Children. *Pearson*, 4th. 9780135573624.

Aronson, S (editor). (2012). Healthy Young Children: A Manual for Programs. *National Association for the Education of Young Children*, 5th (6th will release January 2024). 978-1928896821.

Other Learning Materials

Open Educational Resource - Canvas Commons: <https://lor.instructure.com/resources/96ed272e0605421ea4ce5f1c2c8168ec?shared>

Open Educational Resource - LibreTexts:

[https://socialsci.libretexts.org/Bookshelves/Early_Childhood_Education/Book%3A_Health_Safety_and_Nutrition_\(Paris\)](https://socialsci.libretexts.org/Bookshelves/Early_Childhood_Education/Book%3A_Health_Safety_and_Nutrition_(Paris))

Manual of Policies and Procedures: Child Care Centers (Title 22): <https://www.cdss.ca.gov/inforesources/letters-regulations/legislation-and-regulations/community-care-licensing-regulations/child-care>

Caring for our Children: <https://nrckids.org/CFOC>

Minimum Qualifications

Child Dev/Early Childhood Ed

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